



## DEKALB COUNTY RECREATION, PARKS & CULTURAL AFFAIRS

W. Burrell Ellis, Jr., DeKalb County CEO

# WINTER

## Recreation Program Guide

Photo: Constitution Lakes & Nature Preserve



# December - February 2011

*"It is the mission of our department to create opportunities for growth and enhancement by developing diverse services and programs that promote citizen involvement and a strong sense of community while striving to increase the social, cultural and physical well-being of its residents and visitors."*

## WINTER CLASS REGISTRATION

December 27 – January 7, 2011

## SPRING CLASS REGISTRATION

February 21 - March 4, 2011

### RECREATION CENTERS HOLIDAY HOURS (December 20, 2010 – January 3, 2011)

Monday – Friday 10:00am – 7:00pm

### CLOSURES FOR RECREATION CENTERS

The recreation centers will be closed on the following days listed below and will reopen for normal business the following day

December 24 & 25, 2010 (Christmas Holiday Observed)

December 31, 2010 & January 1, 2011 (New Year's Holiday Observed)

January 17, 2011 (Martin Luther King Jr. Birthday Observed)

February 21, 2011 (President's Day Observed)

### DEKALB COUNTY RECREATION CENTERS

#### Briarwood

2335 Briarwood Way  
Atlanta 30319

**Phone:** 404-679-5911

#### Hours

Monday-Friday 1:00-9pm  
Saturday 9:00am-5:00pm

#### Browns Mill

5101 Browns Mill Road  
Lithonia 30038

**Phone:** 770-593-5874

#### Hours

Monday – Friday 1:00-9:00pm  
Saturday 9:00am-5:00pm

#### Lucious Sanders

2484 Bruce Street  
Lithonia 30058

**Phone:** 770-482-0408

#### Hours

Monday-Friday 1:00-9:00pm  
Saturday 9:00am-5:00pm

#### Gresham

3113 Gresham Road  
Atlanta 30316

**Phone:** 404-244-4890

#### Hours

Monday-Friday 1:00-9:00pm  
Saturday 9:00am-5:00pm

#### Hamilton

3263 Chapel Street  
Scottdale 30079

**Phone:** 404-508-7565

#### Hours

Monday – Friday 1:00-9:00pm  
Saturday 9:00am-5:00pm

#### Lynwood

3360 Osborne Road  
Atlanta 30319

**Phone:** 404-303-2100

#### Hours

Monday – Friday 1:00-9:00pm  
Saturday 9:00am-5:00pm

#### N. H. Scott

2230 Tilson Road  
Decatur 30032

**Phone:** 404-244-4891

#### Hours

Monday-Friday 1:00-9:00pm  
Saturday 9:00am-5:00pm

#### Mason Mill

1340-B McConnell Drive  
Decatur 30033

**Phone:** 404-679-1349

#### Hours

Monday – Friday 9:00am-9:00pm  
Saturday 9:00am-5:00pm

#### Midway

3181 Midway Road  
Decatur 30032

**Phone:** 404-286-3328

#### Hours

Monday-Friday 1:00-9:00pm  
Saturday 9:00am-5:00pm

#### Redan

1839 Phillips Road  
Lithonia 30058

**Phone:** 770-484-2679

#### Hours

Monday – Friday 1:00pm-9:00pm  
Saturday 9:00am-5:00pm

#### Tobie Grant

644 Parkdale Drive  
Scottdale 30079

**Phone:** 404-508-7594

#### Hours

Monday – Friday 1:00-9:00pm  
Saturday 9:00am-5:00pm

#### Tucker

4898 LaVista Road  
Tucker 30084

**Phone:** 770-270-6226

#### Hours

Monday-Friday 9:00am-9:00pm  
Saturday 9:00am-5:00pm

# ATHLETIC SPORTS



DeKalb County Recreation, Parks and Cultural Affairs provide opportunities for youth, adults and senior adults to become involved in basketball, soccer, volleyball, tennis, kickball, cross country, track, golf and cheerleading in addition to league competition, tournaments and instructional programs where participants are taught the basic fundamental skills and techniques while emphasizing sportsmanship and teamwork of the game.

*(Practice and games are required for most athletic sports and a full uniform may be provided depending on the sport).*

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Track & Field	All	5-14	Check with Center of Choice	Check with Center	\$30	All Centers
Instruction League Basketball	All	6-8	Monday	6pm-7pm	\$20 + \$15 booster fee	Browns Mill
Cardio For Health	All	18 & up	Tuesday & Thursday	6:45-7:45pm	\$50/month	Browns Mill
Adult Men's Basketball	All	20+	Tuesday	6:30-9pm	\$260/team	Hamilton
Track & Field Clinic	All	5-13	02/16-18	6:30-7:30pm	FREE	Hamilton
Soccer Clinic	All	5-13	02/14-15	4:30-5:30pm	FREE	Hamilton
Kickball	All	5-12	Wednesday	5-6pm	FREE	Hamilton
35 & Over Adult Men Basketball	All	35+	Monday	6:30-9:30pm	\$400/team	Gresham
Table Tennis	All	All	Monday-Saturday	9am-5pm	FREE	Mason Mill
Adult Free Play Basketball	All	18+	Monday-Friday	10:00am & 7:00pm	FREE	Redan
Youth & Adult Free Play	All	13+	Saturday	3-5pm	FREE	Midway
Little Hoopers	All	3-5	Saturday	12noon-1pm	\$25	Midway
Adult Table Tennis	All	18+	Tuesday & Thursday	7-9pm	FREE	Midway
Men's Basketball	All	18+	Wednesday	7-9pm	FREE	Tobie Grant



# ATHLETIC SPORTS

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
CoEd Instructional League	All	6-8	Wednesday Saturday	5:30-6:30pm 9-10am	\$20	Tobie Grant
Indoor Soccer	All	7-12	Thursday	5pm-6:30pm	FREE	Briarwood
Adult Free Play Basketball	All	21+	Wednesday Saturday	7-9pm 12noon-3pm	FREE	Lynwood

Gymnastics* (Tucker Tykes)	Preschool	2-3	Friday	10:30am-11:30am	\$36	Tucker
				11:30am-12:30pm		
Gymnastics* (Tucker Tykes)	Preschool	2-3	Saturday	9:30am-10:30am	\$36	Tucker
Gymnastics (Tucker Tykes)	Beginner	4	Saturday	10:30am-11:30am	\$36	Tucker
Gymnastics (Tucker Tykes)	Beginner	4-5	Wednesday	3:15pm-4:15pm	\$36	Tucker
Gymnastics (Tucker Tykes)	Beginner	4-5	Thursday	3pm-4pm	\$30	Tucker
Gymnastics (Girls Intro.)	Beginner	5-6	Monday	3:15pm-4:15pm	\$36	Tucker
Gymnastics (Girls Intro.)	Beginner	6-7	Monday	4:15pm-5:15pm	\$36	Tucker
Gymnastics (Girls Intro.)	Beginner	5-7	Thursday	4pm-5pm	\$30	Tucker
Gymnastics (Girls Intro.)	Beginner	5-7	Friday	3pm-4pm	\$36	Tucker
Gymnastics (Girls Intro.)	Beginner	6-8	Friday	4pm-5pm	\$36	Tucker
Gymnastics (Girls Gym I)	Intermediate	5-6	Wednesday	5pm-6pm	\$36	Tucker
Gymnastics (Girls Gym I)	Intermediate	5-6	Tuesday	5pm-6pm	\$36	Tucker
Gymnastics (Girls Gym I)	Intermediate	7-12	Tuesday	6pm-7pm	\$36	Tucker
Gymnastics (Girls Gym II)	Intermediate	8-12	Tuesday	6pm-7pm	\$36	Tucker
Gymnastics (Girls Gym I)	Intermediate	5-8	Wednesday	4:15pm-5:15pm	\$36	Tucker
Gymnastics	Advanced (Instructor Placement Only)	ALL	Tuesday & Thursday	4pm-5:30pm	\$66	Tucker

\*A parent must assist in classes.

# CULTURAL ARTS



The Cultural Arts program is a comprehensive and sequential arts instruction program offering yearlong after-school and Saturday classes in a range of art forms that is open to all. These classes teach students fundamental skills in dance, music, drama and visual arts to provide them with an avenue for creative expression and a vehicle for self-knowledge. Class levels range from beginner to pre-professional. Classes are offered to student's ages 5- senior adults.

**\*\*Pottery classes held at Tucker Recreation Center will be from January 24 – March 12, 2011. \*\***

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Drama (Afterschool Only)	All	5-12	Monday & Wednesday	4-5pm	FREE	Browns Mill
Arts & Craft	All	5-12	Tuesday	4-5pm	FREE	Hamilton
Arts & Craft	All	5-12	12/15, 01/19 & 02/23	5-6pm	FREE	Lucious Sanders
Sewing Class	All	18+	Monday	6:30-7:30pm	FREE	Hamilton
Drama	All	5-17	Tuesday & Thursday	6-7pm	\$36	Lucious Sanders
Ballroom Dance Lessons	Beginner	18+	Tuesday	12noon-1pm	\$29	Mason Mill
Ballroom Dance Lessons	Intermediate	18+	Tuesday	1pm-2pm	\$29	Mason Mill
Country Western Dance	All	18+	Mondays	7:30-10:30pm	\$10	Mason Mill
Senior Dance Night	All	50+	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	7:30-10:30pm	\$10	Mason Mill
Creation Station	All	50+	Wednesday	3:30-4:30pm	\$29	Mason Mill
African Dance	All	6+	Tuesday & Thursday	7-8pm	\$25	Redan
Ballet/Tap	All	3-5	Saturday	10:30-11:30am	\$55	Redan
Line Dancing	All	18+	Monday Tuesday Wednesday	9am-10am	\$30	Redan

# CULTURAL ARTS

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Hip Hop Jazz	All	8+	Monday & Friday	7:30-8:30pm	\$55	Redan
Youth Majestic Steppers	All	5-18	Tuesday, Thursday, Friday & Saturday	7:00pm-8:00pm	\$45	Midway
TG Dance Team	All	All	Monday Wednesday	6-7pm 6:30-7:30pm	FREE	Tobie Grant
Children Art Studio	Beginner	6-9	Saturday	9am-10:30am	\$36	Tucker
Children Art Studio	Beginner	10-12	Saturday	11am-12:30pm	\$36	Tucker
Ballet and Tap	Beginner	3-4	Monday	3:30pm-4:30pm	\$30	Tucker
Ballet and Tap	Beginner	3-4	Tuesday Wednesday Thursday	3:30pm-4:30pm	\$36	Tucker
Ballet and Tap	Beginner	4-6	Tuesday Wednesday Thursday	4:30pm-5:30pm	\$36	Tucker
Ballet and Tap	Beginner	7 & up	Monday	5:30pm-6:30pm	\$30	Tucker
Ballet and Tap	Beginner	7 & up	Wednesday Thursday Saturday	5:30pm-6:30pm 5:30pm-6:30pm 10am-11am	\$36	Tucker
Roller Skating	Beginner	All	Tuesday	5:30pm-6:30pm	\$36	Tucker
Jazz	Beginner	7 & up	Saturday	11am-12noon	\$36	Tucker
Teen Night	Beginner	13-18	(4 <sup>th</sup> ) Friday	5pm 6pm	FREE	Tucker
Acting I	Beginner	4-7	Monday	6pm-7pm	\$36	Tucker
Acting II	Beg./Inter.	8-14	Thursday	7-8:30pm	\$36	Tucker
Arts & Crafts	All	5-12	Tuesday	5:30-6:30pm	FREE	Tobie Grant
Recording Engineer Workshop	All	14-24	Tuesday & Thursday	7-9pm	FREE	Lynwood
Pottery (Wheel Throwing)	All	18+	Monday	9:30am-11:30am	\$75	Tucker
Pottery (Wheel Throwing)	All	18+	Tuesday	6:45-8:45pm	\$5	Tucker
Pottery (Wheel Throwing)	All	18+	Thursday	6:45-8:45pm	\$75	Tucker

# CULTURAL ARTS

Pottery (Wheel Throwing)	All	18+	Friday	9:30-11:30am	\$75	Tucker
Pottery (Clay Exploration)	All	18+	Tuesday	10am-12noon 6:45-8:45pm	\$87	Tucker
Pottery (Clay Exploration)	All	18+	Wednesday	10am-12noon 6:45-8:45pm	\$87	Tucker
Teen Pottery (Clay Exploration)	All	13-17	Wednesday	6:45-8:45pm	\$87	Tucker
Pottery (Hand Building)	All	18+	Thursday	6:45-8:45pm	\$75	Tucker
Comic Book Making	All	All	Monday & Friday	4:30pm-5:30pm	FREE	Tobie Grant
Arts & Craft	All	5-12	Tuesday	5:30-6:30pm	FREE	Tobie Grant

# MARTIAL ARTS



The emphasis of our martial arts program is on establishing self-discipline and courtesy in children. The structure of respect is built into our martial arts instruction. The student's confidence and character are built by assisting them with accomplishing their goals. These programs also teach them to have self-control over his or her body and develop the ability to stand up to peer pressure and other intimidating situations.

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Karate	Beginner	5-12	Tuesday & Thursday	5pm-6:30pm	\$48	Browns Mill
		18 +				
Karate	Advance	5-12	Monday & Wednesday	5pm-6:30pm	\$48	Browns Mill
		18+				
Karate (Extra)	All	5-12	Saturday	9am-12noon	\$48	Browns Mill
		18+				

# MARTIAL ARTS

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Martial Arts	All	5-12 13-17	Thursday	7-8pm	\$36	Hamilton
Tae Kwon Do	All	6-12	Saturday	10am-11am	\$36	Gresham
Karate	All	5-12	Tuesday & Thursday	6-7pm	\$36	Lucious Sanders
Tae Kwon Do	Beginner	5-12	Saturday	10am-11am	\$36	Gresham
Tae Kwon Do	Beginner	5-12	Tuesday & Thursday	6pm-7pm	\$36	Lucious Sanders
Karate	Beginner	3+	Monday, Tuesday Saturday	6:30-7:30pm	\$60	Redan
Tae Kwon Do (Little Dragons)	Beginner	4-6	Tuesday	3pm-3:45pm	\$36	Tucker
			Wednesday	3:45pm-4:30pm		
			Friday	3:45pm-4:30pm		
Tae Kwon Do (New Beginner)	Beginner	7-12	Monday	4:45pm-5:30pm	\$30	Tucker
			Tuesday	4pm-4:45pm	\$36	
			Wednesday	4:30pm-5:15pm	\$36	
			Thursday	4pm-4:45pm	\$36	
			Friday	4:30pm-5:15pm	\$36	
Tae Kwon Do (Beginners)	Beginner	13-18	Monday	5:30-6pm	\$36	Tucker
			Tuesday	5pm-5:30pm		
			Wednesday	5:15pm-6pm		
			Thursday	5-5:45pm		
Karate	Beginner	5-12	Tuesday & Thursday	6pm-7pm	\$36	Lucious Sanders
		13-18	Tuesday & Thursday	7pm-8pm		



# LIFE ENRICHMENT



Our partnerships afford us the ability to offer volunteer and community opportunities among the many other programs such as Boy Scouts, Girl Scouts and 4-H Clubs. DeKalb County's enrichment serves to help residents build and expand their academic and social skills through hard work, while increasing expectations, personal commitment and assisting students to strive towards a positive future. Our programs provide opportunities for all to pursue their passions, develop their talents, and build relationships in a safe and enriching environment.

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
After School Program	All	5-12	Monday – Friday	2:30-6:30pm	\$120/mo.	ALL CENTERS
Chess	All	5-12	Monday-Friday	5-6pm	Free for ASP & \$36	Browns Mill
Girls Scout	All	5-12	2 <sup>nd</sup> & 4 <sup>th</sup> Saturday	1-5pm	\$12	Browns Mill
			3 <sup>rd</sup> Sunday	3-5pm		
Girls Scout	All	5-12	2 <sup>nd</sup> Monday & Wednesday	3:30-5pm	\$12	Gresham
4-H	All	5-12	Tuesday & Thursday	4:30-6:30pm	FREE	Browns Mill
Stop, Drop Everything & Read	All	5-12	Wednesday & Friday	4:30-6:30pm	FREE	Browns Mill
Jr. Bridge Club	All	5-12	Friday	3:30-4:30pm	FREE	Browns Mill
Tutorial	All	5-12	Wednesday	4-5pm	FREE	Hamilton
Girls Talk	All	12-17	Tuesday	6:30pm	FREE	Hamilton
Awareness & Self Defense for Women	All	13+	Saturdays	11:00am	\$36	Gresham

# LIFE ENRICHMENT

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Game Room Night	All	9+	Tuesday	6:30-8pm	FREE	Gresham
Teen Thursdays	All	13-18	Thursday	5-8pm	FREE	Lucious Sanders
Adventure Out Excursion Club	All	50+	3 <sup>rd</sup> Fridays	10:00am	\$15/year & \$5/trip	Mason Mill
Treasure BINGO	All	50+	1 <sup>st</sup> Mondays	1pm-3pm	\$1(1 <sup>st</sup> card) \$.50 each additional	Mason Mill
AARP Defensive Driving Class	All	18+	2 <sup>nd</sup> Tuesdays & Thursdays	11:30am-3:30pm	\$12 (members) \$14 (non members)	Mason Mill
The Reading Corner	All	18+	Mondays	1:30-3:30pm	FREE	Mason Mill
Woodcarvers Club	All	All	2 <sup>nd</sup> Tuesdays	7:00pm	FREE	Mason Mill
Social Club	All	16+	1 <sup>st</sup> & 3 <sup>rd</sup> Fridays	6:30-9:30pm	\$15/year \$3 center events \$10 away events	Mason Mill
Road Runners Excursion Club	All	50+	Thursday	9:30am	\$15/year \$3/trip	Mason Mill
Jr. Achievement	All	5-14	Monday-Wednesday	3-4pm	FREE	Redan
Junior Achievement	All	5-15	Monday-Thursday	4:00-5:00pm	FREE	Briarwood
Financial Literacy	All	18+	Tuesday & Thursday	6:30-7:30pm	\$25	Redan
Tutorial	All	14-17	Monday, Tuesday, Thursday & Saturday	4:30-6pm	FREE	Redan
Senior Social Club	All	50+	Tuesday, Thursday & Friday	1:30-3pm	FREE	Midway
Teen POLO (Positive Outreach & Learning Opportunities)	All	13-17	Friday	6:30-7:30pm	FREE	Midway

Cotillion Program (Teen X-treme)	All	13-17	Monday	6:30-7:30pm	FREE	Midway
MYP (Middle Years Program)	All	5 <sup>th</sup> -8 <sup>th</sup> graders	Wednesday	6:30-7:30pm	FREE	Midway
Introduction to Board Games	All	5-10	Thursday	5-6pm	FREE	Tobie Grant
Study Hall	All	5-17	Monday-Friday	2:30-6pm	FREE	Tobie Grant
Boy Scouts	All	5-18	Monday	5-6pm	FREE	Tobie Grant
What's Your Trade?	All	5-18	Tuesday	6:30-7:30pm	FREE	Tobie Grant
Making A Difference Mentoring	All	5-11 12-18	Thursday Thursday	5-6pm 6:15-7:15pm	FREE	Tobie Grant
Real Talk with Teens	All	13-18	Wednesday	5:30-6:30pm	FREE	Tobie Grant
From a Girl to a Woman (Girls Only)	All	13-18	Tuesday	6-7pm	FREE	Tobie Grant
Boys 2 Men Fishing Club (Boys Only)	All	5-18	Thursday	5-6pm	FREE	Tobie Grant
Mommy & Me	All	18+	Thursday	7-8pm	FREE	Tobie Grant
ESOL (English for Speakers of Other Languages)	All	All	Monday	5:00-6:30pm	FREE	Briarwood
			Thursday	5:30-7:00pm		
Big Money Matters	All	10-18	Wednesday	6:30-7:30pm	FREE	Briarwood
College Bound	All	13-18	Tuesday	6:30-7:30pm	FREE	Briarwood
Berthella Fun with Reading	All	5-9	Thursday	4-5pm	FREE	Lynwood
Basic Literacy Class	All	18+	Tuesday & Thursday	5:30-7pm	FREE	Lynwood

# LIFE ENRICHMENT

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Tutorial Services	All	9-18	Wednesday	6-7:30pm	FREE	Lynwood
Friday Night Live	All	14-24	Friday	5-9pm	FREE	Lynwood
Mini Day Camps	All	5-12	12/20-24 12/27-30 01/03/2011 02/18/2011	7am-6:30pm	\$15/day	All Centers
The Teen Club	All	13-18	Monday, Tuesday, Thursday & Friday	5-6pm	FREE	Lynwood
Checkers	All	5-18	Wednesday	6:30-7:30pm	FREE	Tucker
			Thursday	6-7pm		

# SPECIAL EVENTS



Our special activities and events appeal to a variety of interests, and provide something special for the young and the young at heart. These county-wide events take place at various locations in DeKalb.

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Valentine's Day Party	All	6-13	Monday February 14, 2011	4-5pm	FREE	Hamilton
What Would You Do?	All	6-12	Tuesday February 25, 2011	3-4pm	FREE	Gresham
Black History Poster Contest	All	6-14	Tuesday February 1, 2011	3:30pm	FREE	Gresham
Teen Card Night	All	13-17	Mondays	6:30-8:30pm	FREE	Gresham
Valentine Day Crafts	All	5-12	Friday February 11, 2011	3:30-4:30pm	FREE	Gresham



# SPECIAL EVENTS

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Annual Gresham Park Sweetheart Luncheon	All	18+	Saturday February 12, 2011	11am-3pm	FREE	Gresham
Spades & Dominoes Tournament	All	18+	Thursday	7:30-8:45pm	FREE	Gresham
Annual MLK Parade	All	5+	Monday January 17, 2011	10am-2pm	FREE	Gresham
Celebration of a King Essay Contest	All	5-12	Monday January 10, 2011	4-6pm	FREE	Lucious Sanders
Valentine's Day Craft	All	5-12	Monday February 14, 2011	5-6pm	FREE	Lucious Sanders
Community Clean Up Day	All	All	Saturday February 19, 2011	10am-2pm	FREE	Lucious Sanders
Christmas Dinner (ASP only)	All	5-12	Monday December 20, 2010	5-7pm	FREE	Midway
Valentine's Day Dance	All	All	Saturday February 12, 2011	6:30-9pm	\$2	Redan
Family Game Night	All	All	1 <sup>st</sup> Mondays	6:30-8pm	FREE	Tobie Grant
Movie Night	All	All	2 <sup>nd</sup> Wednesday	6-8pm	FREE	Tobie Grant
Instructional League Jamboree	All	5-8	Saturday	9-10:30am	FREE	Tobie Grant
Toy & Bike Give-a-way	All	All	Tuesday & Wednesday 12/21 & 22	10am	N/A	Tobie Grant
Park Cleanup & Beautification	All	All	Saturday March 5, 2011	9:30am-12:30pm	N/A	Lynwood
Valentine Day Dance	All	All	Monday February 14, 2011	6:30-7:30pm	\$1.00	Tucker
Center Cleanup Day	All	All	Saturday February 19, 2011	9:00am-12noon	N/A	Tucker

# HEALTH AND FITNESS



Health and fitness in DeKalb includes more than just working out. In addition to our physical fitness classes and facilities, we provide wellness education programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Cardio For Health	All	18 +	Tuesday & Thursday	6:45-7:45pm	\$50/mo	Browns Mill
Health Screenings	All	All	Saturday January 29, 2011	10am-1pm	FREE	Hamilton
Aerobics	All	18+	Monday & Thursday	6:30-7:30pm	FREE	Gresham
Jump Rope Club	All	6-15	Fridays	4:30pm	FREE	Gresham
Walking Club	All	18+	Tuesday & Thursday	6-8pm	FREE	Lucious Sanders
Kids Workout	All	6-15	Saturday	9:30-10:30am	\$5	Redan
Aerobics	All	17+	Tuesday & Thursday	7-8pm	\$50	Redan
Kids Food Preparation	All	6-16	Saturdays	9am-12noon	\$25	Redan
Adult Bicycle Club	All	18+	Monday	5:30-6:30pm	\$15	Midway
Women on the Move	All	18+	Thursday	6:30-7:30pm	FREE	Tobie Grant
Walking	All	50+	Monday, Wednesday & Friday	10-11am	FREE	Tobie Grant
Weight Training	All	14-19	Wednesday	5-6pm	FREE	Lynwood
Adult FUN Fitness	All	18+	Monday-Thursday	6-7pm	FREE	Lynwood
Early Childhood PE	All	3-5	Wednesday	11am-1pm	FREE	Lynwood

# SENIOR PROGRAMS



Active adults 50+ of DeKalb County and surrounding counties can participate in a wide variety of energizing and enjoyable programs specifically designed for those who wish to maintain healthy and fulfilling lives and are at least 55 years of age. As diverse as the people they serve, these offerings provide a broad spectrum of opportunities and experiences.

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Senior Dance Night	All	50+	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	7:30-10:30pm	\$10	Mason Mill
Senior-cize	All	50+	Tuesday & Friday	10am-11am	\$1/class	Mason Mill
Tai Chi Chuan	All	50+	Friday	9am-10am	\$29	Mason Mill
Road Runners Trips & Excursions	All	50+	Thursday	9am-2:30pm	\$15 annual \$3 per trip	Mason Mill
Adventure Out Excursions	All	50+	3 <sup>rd</sup> Fridays	10:00am	\$15 annual \$5 per trip	Mason Mill
Bridge	All	50+	Wednesday	11:30am-3pm	FREE	Mason Mill
Canasta	All	50+	Wednesday	9am-3pm	FREE	Mason Mill
Scrabble	All	50+	Thursday	10am-4:30pm	FREE	Mason Mill
Creation Station Arts & Crafts	All	50+	Wednesday	3:30-4:30pm	\$29	Mason Mill
Garden Club	All	50+	Monday-Friday	9am-5pm	\$15 annual	Mason Mill
Treasure BINGO	All	50+	1 <sup>st</sup> Mondays	1-3pm	\$1 first card \$.50 ea. Additional	Mason Mill

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# SENIOR PROGRAMS

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Senior Social Club	All	50+	Tuesday, Thursday & Friday	1:30-3pm	FREE	Midway
Walking	All	50+	Monday, Wednesday & Friday	10-11am	FREE	Tobie Grant
Board Games	All	50+	Tuesday & Thursday	10-11am	FREE	Tobie Grant
Just 4 Seniors	All	50+	Tuesday, Wednesday & Thursday	11am-1pm	FREE	Lynwood
STEPS Walking	All	50+	Thursday	11am-12noon	FREE	Hamilton
Creative Movement	All	50+	Wednesday	10am-11am	FREE	Hamilton
Sit Down Aerobics	All	50+	Tuesday & Thursday	11am-12:30pm	FREE	Gresham
BINGO	All	50+	Wednesday	11am-1pm	FREE	Gresham
Social Club	All	50+	Monday & Wednesday	10am-12noon	FREE	Redan
Tuckercises	All	50+	Monday & Friday	10:30am-11:30am	FREE	Tucker
Bridge Club	All	50+	Friday	1pm-4pm	FREE	Tucker
Scrabble	All	50+	Saturday	9am-1pm	FREE	Tucker
Bridge Club	All	50+	Friday	11am-3pm	FREE	Browns Mill



# THERAPEUTICS



Therapeutic Recreation is a specialized area in the field of recreation that focuses specifically on providing recreation and leisure services for people with disabilities or as a preventative measure for maintaining health and wellness in order to avoid developing disabling conditions. DeKalb County offers activities specifically for youth and adults with disabilities. Classes are offered throughout the year at various locations in the county. Participants are given the opportunity to recreate in a wide variety of activities with outstanding staff members to guide them to success. Adaptations are made to facilitate active participation of all participants. In addition to quality programming, participants have constant opportunities to socialize and build lifelong friendships. Beyond just fun and games, recreation participation brings opportunities for physical fitness, increased self-confidence, cooperation, and positive use of leisure time.

CLASS	LEVEL	AGE	DAY	TIME	FEE	LOCATION
Super Strikers Bowling League	All	15+	Tuesday	3-4:30pm	\$100	Mason Mill Suburban Lanes*
Bocce	All	16+	Wednesday	6:30pm-8:30pm	\$25	Mason Mill
Fun Fitness Day	All	16+	Tuesdays & Thursday	1:30pm-2:30pm	\$20	Mason Mill
Volleyball	All	16+	Wednesday	6:30pm-8pm	\$30	Mason Mill
Arts for Fun	All	5-8	Thursday	10:30am-12noon	FREE	Mason Mill
Creation Station Arts & Crafts	All	5-8	Thursday	3:30-4:30pm	\$36	Mason Mill
Smart Place	All	All	Monday & Wednesday	11am-1:30pm	FREE	Midway

**Location for bowling is listed below:**

Suburban Bowling Lanes  
2619 N. Decatur Road  
Decatur, GA 30032